

Household Products



- Never mix cleaning products or chemicals.
- Do not store medicines, cleaning products, and chemicals in the same cabinet as food products.
- Avoid the use of products with food imagery on the label if anyone in the home has dementia.

Food Poisoning



- Wash hands, utensils, and food prep surfaces regularly with hot, soapy water.
- Prepare raw foods separately from ready-to-eat foods.
- Cook foods to a safe temperature; use a food safety chart and food thermometer.
- “When in doubt, throw it out!” If leftovers are still around after 3 days, toss them.






Medication & Poison Safety Tips for Older Adults



How the Poison Control Center Can Help:

- Fast, free hotline, 24 hours a day at 1-800-222-1222 (VTTY)
- Speak to doctors, nurses and pharmacists right away for any type of poisoning or medication error – even for emergencies!
- Order free poison prevention materials to share with family and friends. Visit FloridaPoisonControl.org or call 1-800-222-1222 to order.

-  FloridaPoisonControl.org
-  [Florida's Poison Control Centers](https://www.facebook.com/FloridaPoisonControlCenters)
-  [@FloridaPoison](https://twitter.com/FloridaPoison)

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**Fast, Free Hotline,
24 Hours a Day**

**POISON
Help**
1-800-222-1222

Prevention Tips for Older Adults

For poisoning emergencies or questions,
call 1-800-222-1222

Senior Statistics



Nearly 1,000 people over the age of 65 died from poisoning between 2016 and 2018 in Florida. More than 80% of those deaths involved a drug or medication.

The most common substances reported in calls to poison control for older adults included cardiovascular drugs, pain medications, sedatives, hormones, and antidepressants.

Medication Errors



- Most common medication mistakes include:
 - Taking the wrong dose
 - Forgetting or mixing up medications
 - Failing to recall indications
 - Expired or incorrectly stored drugs
- Forty percent of all adverse medication reactions happen to seniors.
- Up to 60% of people over the age of 65 have no plan in place for remembering to take their medications.

FloridaPoisonControl.org



Drug Disposal



When you no longer need a medication:

- Remove labels from prescription bottles
- Spoil medication by mixing it with coffee grounds or kitty litter
- Dispose in household trash

Your local sheriff's office may have a "drug take-back" program where you can drop off old products for safe (and environmentally-friendly) disposal.

Herbal Products and Supplements



Many herbal products and supplements have serious interactions with prescription medications. These may cause bleeding, dizziness, or other serious problems.

Consult your healthcare provider before taking herbal products, supplements, medicinal teas, or tinctures.

Medication Safety Tips



- Always turn on lights, and put glasses on before taking or giving medication.
- Read labels on medications before use.
- Follow the instructions for safest use and correct storage method.
- Do not store medications in areas with extreme heat (outdoors or in a vehicle).
- Keep a medication list handy, and include the following:
 - Current prescription medications, including strength and dosage
 - Non-prescription medications, as well as vitamins, supplements, and herbal products. Include strength and dosage
 - Allergies
 - Healthcare providers' names and phone numbers
 - Emergency contact(s)
- Use a consistent method to take medications on a regular schedule.
- People with memory problems or memory loss need extra help taking medications to avoid overdose or mistakes.



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